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Carmel Valley Sun

FREE

December 26, 1984 — January 8, 1985



Photo by Debi Effron.

We made it through one more year. — Page 2

Top golf pros will be competing — Page 4

A picture is worth a 1000 words — Page 10

LETTERS

In Reply

In reply to Evelyn Rhoades' letter: For ComSat to finally get their facility approved 17 years ago hinged on their buying a 50-acre parcel of land (not my land) between us and dedicating it to the County as permanent greenbelt. The only "land" I sold them was a common entrance at my gate on the County road, to this greenbelt and had nothing to do with the ComSat facility.

I had forgotten this little service I performed for myself and the County so long ago. Up to now, few people knew that the beauty of that land is protected forever from development. So I repeat, "No, Madam, I did not sell ComSat their property".

I believe truth is a noble attribute too, Mrs Rhoades—and hard work—the American way. I've done my share, and then some. And I dont't blame you for trying so hard to damage my credibility with what you thought was the truth. An honest mistake, and you are forgiven. No apologies—not necessary at this Christmas season.

But why don't you use your incredible energies to delve into why ComSat's walls and roof are over two feet thick of reinforced concrete? Even the construction crew was mystified. Could it be to protect the workers inside from microwaves? Have you checked the stunted pines under the antenna? NORMAL vegetation?

Also, did you know I was told by ComSat 17 years ago not to worry—the 97 foot antenna would be obsolete within ten years and probably be replaced with one no larger than an outhouse? Now, two more—bigger.

I certainly have the feeling you would not be interested in my health. Frankly, if you were a neighbor of mine up here under ComSat's direct beams, we would certainly be allies. Latest findings of long-range exposure to low-intensity microwaves are not very heartening to someone who values his health.

You and I would also be very concerned about the decrease in value of our land for which we've worked so hard, if we were neighbors.

Personally, I've enjoyed our arguments and differing viewpoints and thank you for keeping the issue alive.

Jack N. Swanson

It Worked

We have placed three ads in your classified section. The response to each was immediate and enormous. The *Carmel Valley Sun* has grown to become an effective communication tool **between** its readers as well as an informative and interesting newspaper **for** them. Keep up the good work in '85.

Mary Tesoro
Jerry Shull

OOPS

Big apologies go to Shelly Shachter this time. We spelled his name totally wrong, everywhere it appeared in his article on winning first prize in a garden photo contest.

The other correction this issue is for the Carmel Valley Community Chapel. We missed putting the remainder of their phone number when announcing the potluck dinner.

We'll see next issue what we missed this issue.

Letters to the Editor are welcome from our readers. They must no be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Yesterday and Today

It's hard to believe that we have come to the end of another year. The end of another calendar year. The end of another year of business—our third.

Yes, we managed to survive the deadlines, last-minute articles, frantic paste-ups, long hours and all the other things that go along with this business. My how time flies when you're having fun.

I don't know how many of you remember the very first issue of the Carmel Valley Sun, but I certainly do, especially this time of year. I just shake my head and chuckle when I think back to our start and how far we've come since then. The proof of our progress is on the next page which shows our very first issue and our look today. Now you see why I chuckle.

I feel like this paper is a child going through its growing pains. Each year, we get a little bit bigger, a little bit better and we are gradually coming out of our gangly, awkward stages. When will we grow up? I don't know but I know we will keep going until we get there.

This year has been a big year of changes for us. (I'ts hard to imagine what next year will bring.) In May we stepped up production to every two weeks and in September we came out with a totally new look.

Our image changes and overall improved appearance has been greatly due to Liz Turner, our advertising director. She has been in the graphics industry for many years and I feel very fortunate that she has brought her talents here to help. I'm continually amazed as she adds just the right touch to the pages and the ads she designs. A heartfelt thanks cannot really repay her for her efforts but I appreciate her tremendously and really enjoy working with her.

FRI & SAT SPECIALS

These great specials are in effect Friday & Saturday, December 28 and 29, and Friday & Saturday, January 4 and 5 only. Watch each issue of the Sun for new Specials.

Murphy Lumber
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All of us at Murphy's thank you, our customers, for your patronage and wish you Happy New Year for 1985!

Give your indoor plants
Schultze Plant Food
NOW $.99
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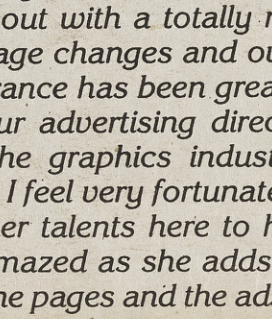
NOW $5.99
reg. $10.99

NOW $9.99
reg. $14.99



JOHN'S MEATS
INSIDE VILLAGE MARKET

GROUND CHUCK
$2.35 lb
reg. $2.59



BEEF RIBS
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Friday & Saturday are
FISH DAYS!
Our bargain fresh fish at even better prices!
(variety depends on what's caught)
CARMEL VALLEY NATURAL FOODS
CHECK US OUT
Village Center 659-2811

Shop Locally & Save

Debi Effron has also added a great deal to our look with her photography. She amazes me also with her pictures. She is a photographer on the rise and I'm sure you'll see great things from her in the future. For now, we're glad she's here to help and that she has devoted so much of her time to us.

There have been many others who have donated their time in writing articles, proof-reading, cartooning, whatever manner they have helped. Just you keeping us informed is a benefit to us. I feel good about so many taking part in the paper. That type of involvement is what I envisioned the paper to be.

We enjoy hearing from you and giving us your ideas, even pointing out our faults. We try, but don't always catch all the typos, sometimes the names are spelled wrong, sometimes things are transposed, but as I said, we do tyr. (Just kidding on that one.)

Anyway, we look forward to another year of deadlines, paste-up...and working with you.

Have A Happy New Year. I know we will.

Debbie


Carmel Valley Sun

DECEMBER 1981

Free Free Free Free

FIRST ISSUE

Santa's Fly-In Sans Plane

Monterey Savings Hosts Exhibition

Rippling River Changes



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Illia Thompson.....Thoughts
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Linda Lundy.....Keeping in Touch
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Frank Catalano.....Lions Club News
Erma Behrent.....Women's Club
Dan Derr.....Photography & Design
Locksin Thompson.....Pool & Spa Repair

Carmel Valley Sun

The Carmel Valley Sun office is located at 1 West Carmel Valley Road, P.O. Box 744, Carmel Valley, CA 93924, telephone (408) 659-2950. Published bi-weekly on Wednesdays. Circulation is 6000. Subscription rate: 12 issues, $13. Entire contents of this issue Copyright © 1984 Carmel Valley Sun. All rights reserved.

The Cover

Robin and Jason Burnett were among the Santa's Fly-In Parade participants. See more pictures of the parade on page 5.

Spalding Pro-Am Scheduled For January 3 Through 6

Coming off an outstanding year on the PGA Tour, Mark O'Meara heads a field of five promising professionals who will make their debuts in the $200,000 Spalding Invitational Pro-Am January 3—6 over the Del Monte, Carmel Valley Golf and Country Club and Pebble Beach golf courses.

O'Meara's 1984 season would be a career for many golfers. All he did was finish second to Tom Watson on the money list, with earnings of $437,173, just $9,000 shy of the leader.

In his last 18 starts, O'Meara finished in the top ten 14 times. He not only won the Greater Milwaukee Open, but finished second in the Kemper, Westchester, Hartford, Memphis and LaJet tournaments.

Joining O'Meara among the latest Spalding entrants are four pros who each earned over $100,000 in 1984. They are: Ronnie Black, the Anheuser-Busch champ who earned $172,000, Mike Donald at $146,000, Buddy Gardner at $118,000, and Joey Sindelar with $116,000.

"It's the infusion of new talent in our field that constantly is upgrading our tournament each year," said tournament founder and director Harold Firstman. "A golfer like Mark O'Meara joining us is an added bonus to our loyal fans."

Already in the field are defending champion Johnny Miller and former Spalding winners John Mahaffey, the reigning Bob Hope Desert Classic champ, Peter Oosterhuis, Jay Haas, Bobby Clampett, Al Geiberger, and Forrest Fezler.

In addition, Craig Stadler and George Archer, a pair of multi-tournament winners, are in the field, as is Bob Eastwood, coming off his best year as a pro. In 1984, Eastwood won both the memphis and USF&G Classics en route to banking $232,000 for the season.

From the LPGA Tour, in the only tournament in the nation featuring head-to-head competition between men and women for equal prize money, will be the likes of Kathy Whitworlth, Jan Stephenson, Alice Miller, Julie Inkster and Lauri Peterson.

Advance sale tickets to the Spalding, priced at $15 each, are available by calling the Spalidng office in Carmel (408) 624-9402, or writing: Spalding Pro-Am, P.O. Box M, Carmel, CA 93921.

All proceeds from the Spalding Pro-Am are turned over to the Monterey Kiwanis Club for use in its charity-oriented youth programs.



Bobby Clampett of Carmel Valley, 1982 PGA tournament winner, will be among the golfers participating in the Spalding Pro-Am scheduled for January 3-6

Bald Eagle Count To Be Held

On Saturday, January 5, 1985, the U.S. fish and Wildlife Sevice and the Monterey County Parks Department will hold their annual Bald Eagle Count. The public is invited to help.

Participants will meet at San Antonio Lake, South Shore Restaurant at 8 a.m. for information and directions. Coffee and donuts will be served. The count officially begins at 10 a.m.

For the past six years the Monterey County Parks Department has put on a Bald Eagle Count in cooperation with the U.S. Fish and Wildlife Service. During those counts as many as 90 Bald Eagles have been counted in one day. Park Department officials expect the 1985 count will be as good as last year, especially since the North Cuesta Chapter of the Audubon Society will be out in force to assist in the count.

For more information call (805) 472-2311.



Monterey County Parks Department will hold their annual Bald Eagle count.



Swearing-in Ceremony Scheduled

The swearing-in ceremony for Supervisor-Elect, Karin Strasser Kauffman will be held January 8, 1985 at 9 a.m. at the Court House in Salinas. Friends and supporters are invited to attend. There will be a reception after the ceremony. No reservations are necessary.

MPC Will Offer A Spring Travel-study Tour Of New York City

Monterey Peninsula College Community Services will offer a spring travel-study tour of New York City which will emphasize the cultural aspects of "the Big Apple."

The tour, which will be led by Heinz Hubler, Director of Community Services at MPC, will feature eight days and nights in New York from March 26 to April 3.

Tour participants will enjoy four major Broadway and off Broadway productions, attend George Gershwin's *Porgy and Bess* at the Metropolitan Opera House, go on a special guided tour through the Metropolitan Museum of Art, and take two sightseeing tours of the city itself. The city tour will include the Empire State Building, Times Square, Broadway Theater District, the Statue of Liberty, and more.

Tour participants will be asked to register as MPC students and pre-tour orientation meetings will be offered. The tour is open to persons of all ages and there are no educational pre-requirements.

Cost of the tour is $945, which includes round trip air transportation, accommodations, and tickets to shows and tours. For more information, contact MPC Community Services (646-4051).

Alliance On Aging Announced January Guest Speakers

Health and travel will be the main topics at the Alliance on Aging meetings scheduled for January 1985. The meetings are held at the Pacific Grove Community Center and begin at 11:30 a.m.

A tentative program is scheduled for January 4th featuring Ethiopia.

"Flight to Freedom" presented by Rolf Trautsch is the January 11 program. Trautsch is a German-born American citizen and a financial planner.

On January 18 the program will feature Susan Raeder, R.N. from the Community Hospital of the Monterey Peninsula. She will be assisted by Ruth Reader in her presentation of "Stress Management and Coping with Pain."

"Alaska: Before and After Statehood" is the scheduled presentation for January 25. This program features writer/traveler, Gladys Howard and includes a slide presentation.

For more information on the Alliance on Aging meetings call 649-1222.

Local Poet Receives Honorable Mention For Contest Entry

Ralph R. Payton recently received an Honorable Mention award for his entry in the *World of Poetry* "Oktoberfest Poetry Contest."

Payton's poem, "Life," received the honor from Poetry Editor (and Judge) Eddie-Lou Cole "because of its special qualities."

Contest Director, Joseph Mellon said, "Only a handful of our poets ever receive this honorarium."

Payton's entry can be seen in the "Expressions" column on page 20.









A Look At Santa's Fly-In

Many turned out to see Santa fly-in at the Carmel Valley Airport and to participate in the parade that traveled from the airport to the Community Center where Santa met and took pictures with the valley children. Big thanks go to all those who participated in the parade and helped serve the refreshments, set up the decorations and clean-up. A special thanks to Murphy's Lumber Co. for donating the materials to the Kiwanis to build Santa a new sleigh.

Santa's Fly-in is an annual event organized by the Board of Directors of the Carmel Valley Community Youth Center.

Photos by Debi Effron.



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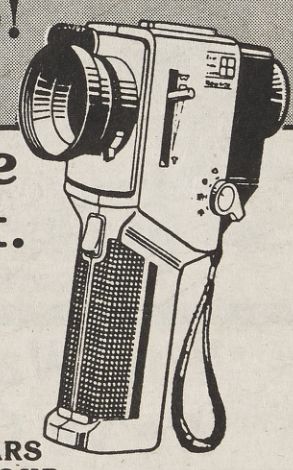
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Crosswords PLUS

Edited by Stanley Newman
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(Editor's note: Crossword solvers are welcome to write Crosswords PLUS editor Stanley Newman with any questions pertaining to this issue's crossword or crosswords in general. All queries will be answered. Write Stanley Newman, American Crossword Federation, 443 Park Ave., South, New York, N.Y. 10016.)

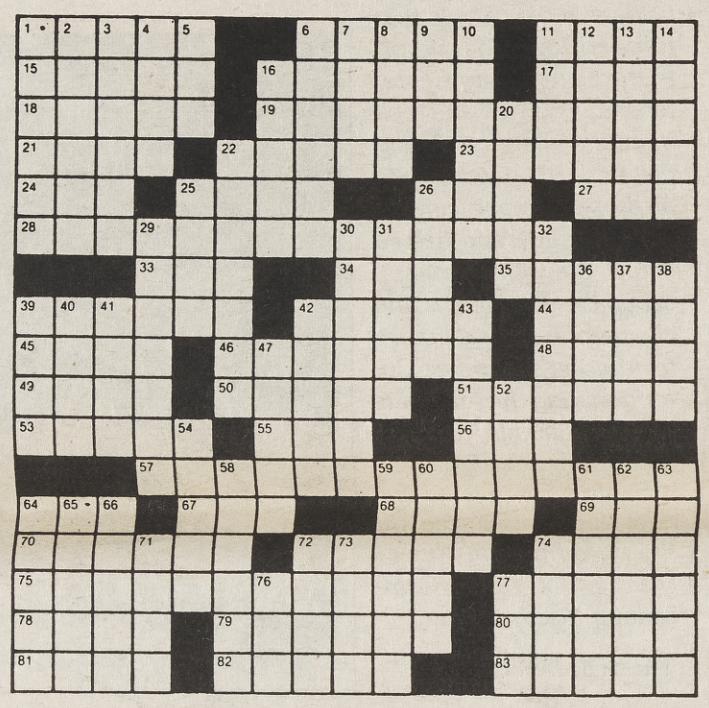
Calling All Beards, by A.J. Santora

ACROSS

1 Foreign Legion family
6 Authoritative book
11 Receipt
15 Doctor
16 Recurrent
17 Mrs. Dithers of comics
18 Direct (to)
19 Start of a Burma Shave jingle
21 "I wasn't _____ yesterday!"
22 Collapse
23 Beginning
24 Common verb
25 Relative pronoun
26 Kind of "bias"
27 Writer LeShan
28 Part II of jingle
33 "Going particle"
34 Writer Huxtable
35 _____ gun (baseball-speed gauge)
39 Dance step
42 Fishhook part
44 Nothing, to Carlos
45 Make a scene
46 Saliva
48 Part III of jingle
49 Words to Brutus
50 Atlantic birds
51 Navy builder
53 Unreal
55 Soil management abbr.
56 Neighbor of Syr.
57 Part IV of jingle
64 Hawaiian hardwood tree
67 _____ poetica
68 Stylish
69 A beautiful West
70 Verdi opera
72 Julius of PGA fame
74 *Search thoroughly*
75 *End of jingle*
77 *Parer's partner*
78 Ripped
79 Imagine about
80 Egg-shaped
81 Haricot
82 Word in Kansas motto
83 Under

DOWN

1 Blowhard
2 Kit Carson's TV partner
3 Record player
4 "Nine" follower
5 Do wrong
6 Indirect route
7 Frosts
8 Uninteresting
9 Permit: Abbr.
10 Feedback
11 Mary's subject
12 Relaxed
13 Annoyed
14 Spaghetti
16 Diamond weight
20 City on the Nile
22 Some Asians
25 Small pair
26 Booth
29 Bother
30 Barn light
31 Writer from Philadelphia
32 Tantara
36 Smear
37 Axe's kin
38 Level
39 Oars
40 Detest
41 Agin
42 "_____ song of . . ."
43 Mosquito bites
47 Baby carriages
52 Spot
54 Actor Campbell of "Alice"
58 Piddling facts
59 Terrane
60 Lasso
61 Devil-may-care
62 Was revived
63 Old Testament language
64 London's poet
65 "Believe It _____"
66 Yankee Robertson
71 Once again
72 A Maverick
73 Man _____
74 Inlet
76 Ott and Ames
77 Cos or corn



See Answers Page 15



Helping in the kitchen were (l to r) Joe McAndrew, Tom Littlle, Sharon Campbell and Bud Oslin.

The Chapel Guild Holds A Bazaar

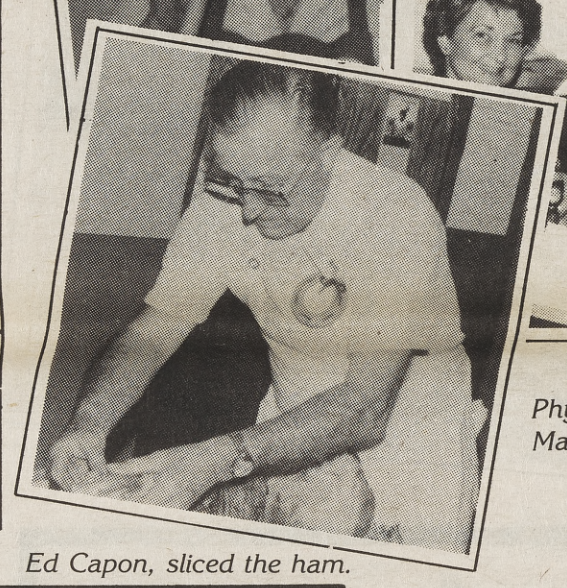
A fun day of shopping and eating was offered by the Carmel Valley Community Chapel Guild members when they held their annual Christmas Bazaar on December 9. Many were on hand to help out and to enjoy the fun. Donna Hamilton, who chaired the event said the Guild wished to "Thank all the wonderful hard workers and the many donations that made our Bazaar such a smashing success! We also want to extend a sincere thanks to all of you who attended and supported our efforts. You helped us to help others and we really appreciate that! A very happy New Year to you all. See you at the next Bazaar!"



Donna Hamilton, who chaired the event.



Phyllis Shultz, Shirley Forzani and Marge Capon ran the bake sale.

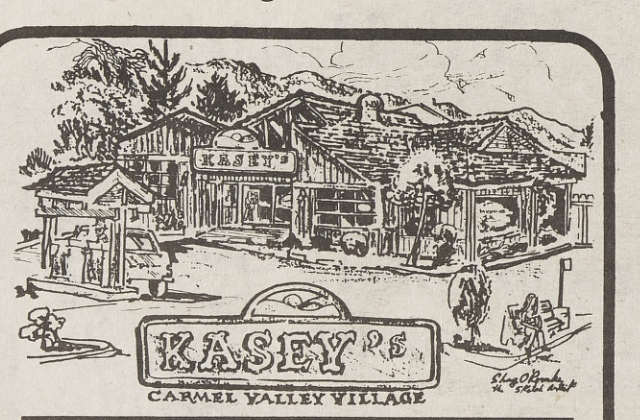


Ed Capon, sliced the ham.

Santa Was At Their First Fundraiser



Co-directors of the Women's Resource Center, Veronica Lindsay and Kathy Sparr, thanked Santa (Dusty Eaton) for helping them with their first fund-raiser, which was a Songfest held on December 15 at Rosie's Cracker Barrel. Photo by Debi Effron.



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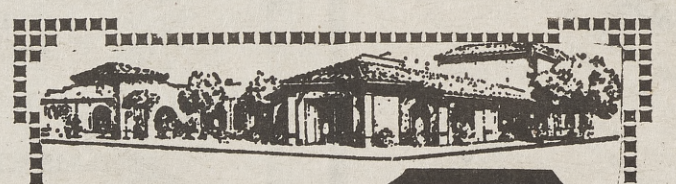
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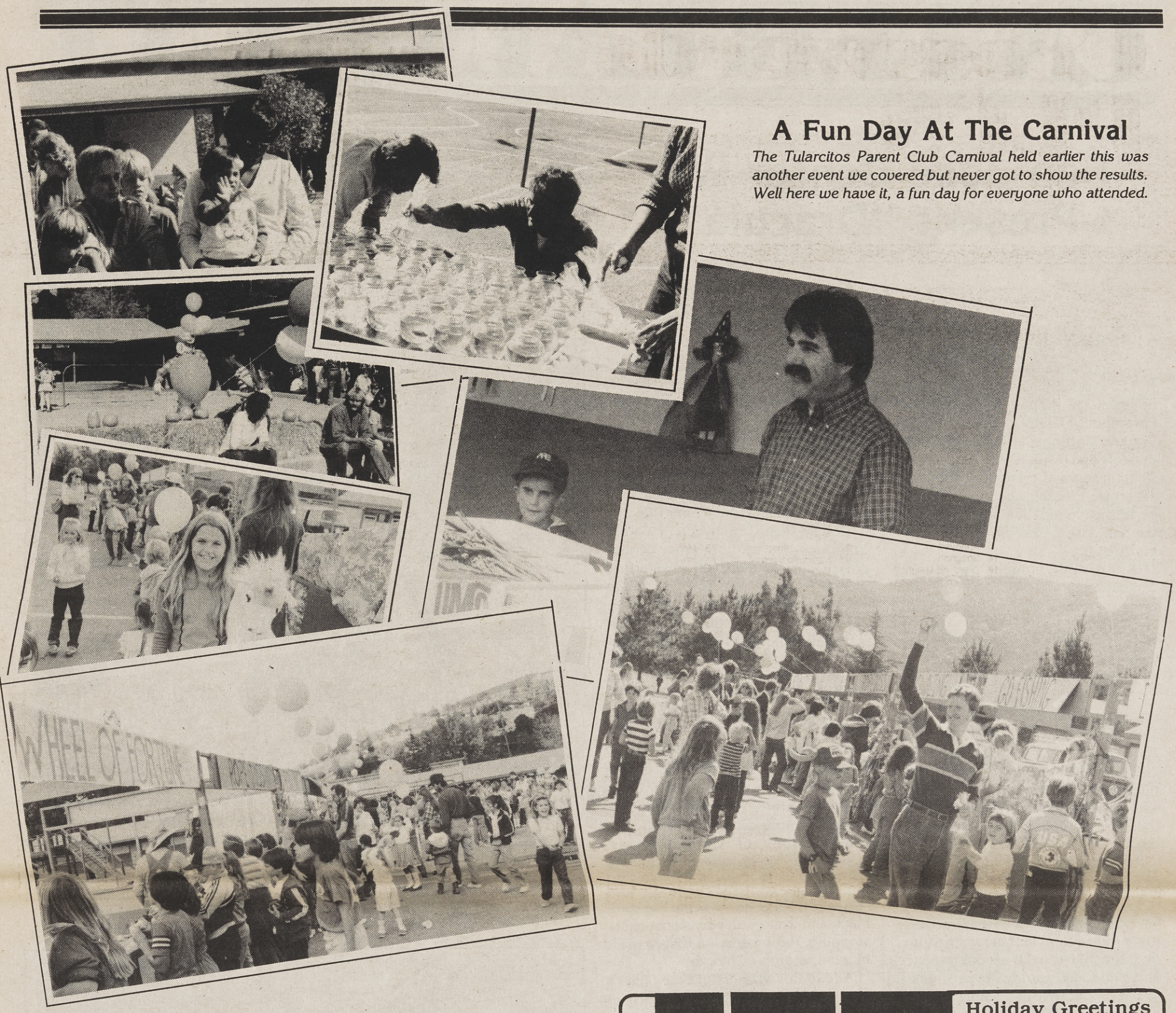
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A Fun Day At The Carnival

The Tularcitos Parent Club Carnival held earlier this was another event we covered but never got to show the results. Well here we have it, a fun day for everyone who attended.



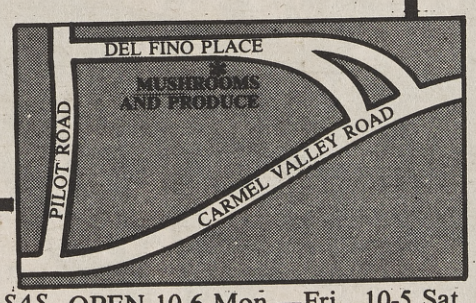


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ENTERTAINMENT

San Jose Center Will Present "Dracula"

"DRACULA".....THE TERRIFYING, THE EROTIC, THE ORIGINAL!

In a grand salute to the new year, H.A.S. Productions, Henry Schiro announces the limited engagement of Paramount Theatre's national tour of *Dracula,* starring Martin Landau in the title role and featuring the Tony Award winning sets and costumes by renounced artist, Edward Gorey, for a four-performance run, January 10—12, at the San Jose Center for the Performing Arts.

Schiro, who brought the touring companies of *Sugar Babies, Evita,* and *Camelot,* as well as the Ballet Ensemble from the English Royal Ballet to San Jose in 1984, is confident that this Broadway version of *Dracula* will captivate West coast audiences.

"There will be people coming away from *Dracula* who've never seen anything like it," he says. "Everything about it—the story, music, sets and costumes—is frightfully exotic and memorably humorous. For anyone who's ever wondered what Broadway theater is all about, this is the play to see."

Based on the 1927 John Balderston-Hamilton Deane melodrama which had a hit run on Broadway in the 1977-78 season (starring Frank Langella), this reincarnated *Dracula* is more than a familiar horror story. It is both the traditional macabre romance and a hilarious parody of the original.

The provocative and highly acclaimed staging of director, Dennis Rosa, and the playfully elegant period designs of artist, Edward Gorey—two talents resposible for the Broadway success—set the tone for Landau's unique rendering of the legendary Transylvanian count.

Rosa conceives of Dracula as not entirely ghoulish. "He's scary, romantic and funny. We mean to both frighten and entertain the audience. The story is well-known, but Landau's interpretation and Gorey's designs add a curious, otherwordly, mad and fantastical dimension."

One of the most successful and respected actors working today, the versatile Martin Landau, star of Broadway theater, film and television is probably best recognized as Rollin Hand, the "man of a 1000 faces" in CBS' "Mission Impossible" during the late 1960's. The "face" he creates for *Dracula* is not that of Bela Lugosi, Christopher Lee or Frank Langella, his notable predecessors in the role.

Daily Tecan reviewer, Heather Johnson, has said, "Martin Landau plays Count Dracula with mysterious intensity...Just as the audience becomes secure in Landau's comic persona, he turns threatening and seductive—the effect is mesmerizing." And from the Austin—American Statesman a reviewer comments, "Landau is aristocrat and animal, a man of letters capable of murder on a whim."

Reviewers have literally raved about Edward Gorey, an artist who is best known for some 40 volumes of drawings generally accompained by austere, whimisical texts that read like mini-versions of Gothic novels. "Goreyland" is morbidly fascinating world that is tantalizingly menacing and blackly humorous. His set and costume designs for *Dracula* are stark black-and-white with occasional heart-stopping, red accents—a rose, a glass of wine, a drop of blood.

Add to this wizardry of Chic Silber's special effects—every bit as magical as they were in *Harold and Maude, Amadeus, Nicholas Nickleby, The Elephant Man* and the Broadway stage production of *Dracula*—and the result is an unforgettable comedy of terrors.

Dracula will play at the San Jose Center for Performing Arts Thursday, January 10 at 8 p.m., Friday, January 11 at 8 p.m., and Saturday, January 12 at 3 and 8 p.m. Ticket prices range from $15 to $20. For ticket information and Bank-Charge-By-Phone orders, call the San Jose Box Office at (408) 246-1160 or Peninsula Box Office at (415) 941-3100 or other major outlets.



This One Didn't Get Away

Early this year, Randy Randazzo took a trip to Cabo San Lucas to do a little sport fishing. Luck was with him as shown in the picture above. He had his "catch" stuffed and shipped here and now it is a permanent fixture at the Carmel Valley Market. It was an effort to get it hung, but as you can see below, he did it. We told you we like to share your fish stories and thanks to Randy for sharing his.

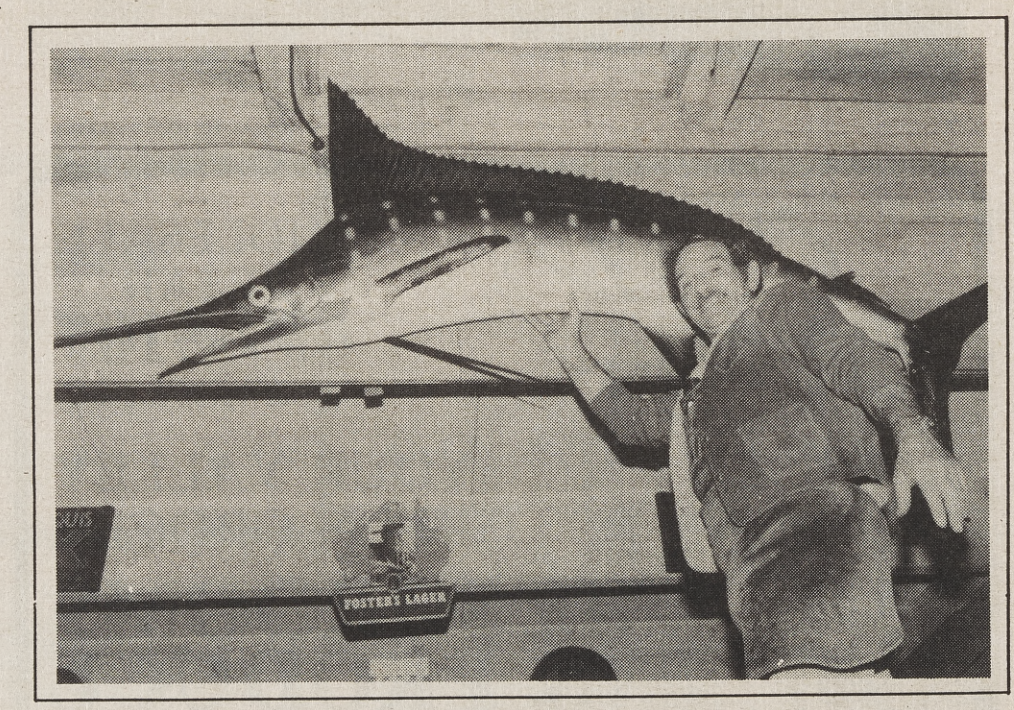
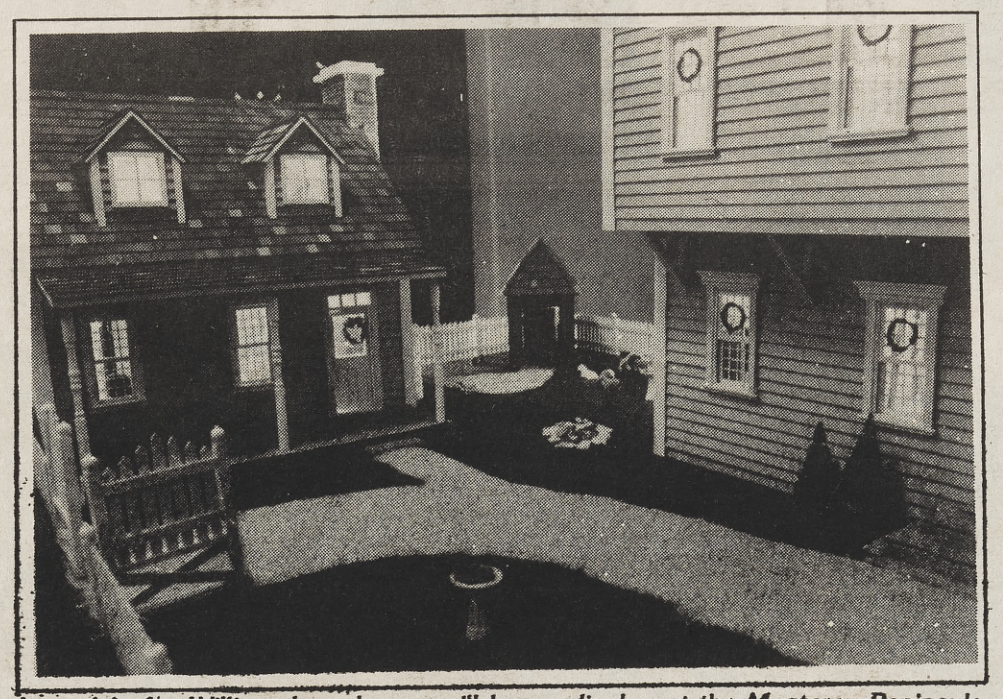


Photo by Debi Effron.

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A model of a Williamsburg house will be on display at the Monterey Peninsula Museum of Art.

Williamsburg In Miniature Is Being Featured At Museum Of Art

A model of a Williamsburg house and related buildings constructed by Carmel Valley resident Jack Sassard and his late wife, Jane, will remain on display in the Monterey Peninsula Museum of Art through January 13.

The buildings, Sassard explained recently, were begun as an anniversary present for his wife and have not previously been displayed.

"We always thought Williamsburg homes were beautiful. Seven or eight years ago, she wanted a doll house as an anniversary present. We wound up designing a main house" based on those they had seen during visits to Williamsburg and, after that, adding on to what they originally constructed, he said.

"It was primarily my wife's idea," he emphasized.

Construction of the exterior of the house began with Fred Davis, owner of The Country Peddlar in Salinas, cutting the frame to Sassard's specifications. Sassard then completed the exterior carpentry while his wife completed the interiors. Those interiors include minature replicas of the objects which would have been found in a traditional Williamsburg home.

"As nearly as I can tell you, everything is authentic design," Sassard said. "There's no plastic in there except for the two horses in the barn."

Mrs. Sassards's work on the interior included making seat covers for the chairs, preparing drapes, and completing a "petit point stitch" carpet with approximately 600 stitches to the square inch.

"She had to work through a magnifying glass," he recalled.

Work on the initial minature, which continued for approximately a year, continued as a master bedroom in the Sassards' home was converted to a studio. Additions to the model included a kitchen and slave quarters, and the current display includes a coach house and stables.

Jane Sassard, as she worked on the interiors of the minatures, was an active member of the Carmel Valley 'Minature Exchange," and four members of that group—Sally Brandt, Ermine Gravelle, Betty Herman, and Sue McFadden—helped Jack Sassard set up the current display in the Monterey Peninsula Museum of Art.

The display, which was donated to the Museum by Sassard, can be seen at the Museum, at 559 Pacific Street in Monterey, Tuesdays through Saturdays from 10am to 4pm and Sundays from 1 to 4 pm. The Museum is closed Mondays and holiday.

Marjorie Evans Gallery Will Feature Dahlstrand Water Colors And Pencil Drawings

Beginning January 2, 1985, watercolors and pencil drawings by Olof Dahlstrand will be on exhibit in the Marjorie Evans Gallery at Sunset Community and Cultural Center in Carmel-by-the-Sea. The exhibit will include a number of recent works, many from a trip this past summer to the San Juan Islands of the State of Washington. Other pieces are representative of work done over the last two decades.

Dahlstrand, a recently retired Carmel architect whose local practice dates back to 1969, was educated at Cornell University where he receivd his Bachelor of Architecture degree in 1939. His studies also included many courses in the Fine Arts department of Cornell, and painting and drawing, although sometimes on a limited basis, have been a part of his entire career. He has been active for many years as an architectural illustrator and delineator of projects by other architects throughout the country. He is the recipient of numerous awards for his watercolors and graphics.

He has also served on the Carmel Planning Commission and later, on the Carmel City Council during the period of 1968 to 1976.

The Marjorie Evans Gallery is open weekdays from 9 am. to 5 p.m and during performances in the theater. There is no admission charge. The Gallery is located at 8th and San Carlos in Carmel.

The exhibit will be on view through January 30, 1985.

Exhibition Featuring Handicapped Artists Will Continue At Museum Of Art Through January 10

Local resident, Steve Arena, will be among the artists featured at the yearly art show which Handicapped Activities Unlimited is sponsoring at the Monterey Peninsula Museum of Art. The exhibit, which will remain at the Museum through January 10, features artists who live and work under special conditions.

There are nineteen artists in the exhibition who are physically handicapped, developmentally disabled, or have combinations of mental and physical illness. Among the featured works are sculptures, paintings, and drawings.

Since 1973, Handicapped Activities Unlimited has organized shows of the work of people who are "other enabled." The Board of Directors and staff believe there are great benefits to be gained by individulas in seeing their art work displayed in a museum. It is fulfilling and also challenging.

For more information on the H.A.U. exhibition and activities call 375-0800.

Rodger Picks His Favorites

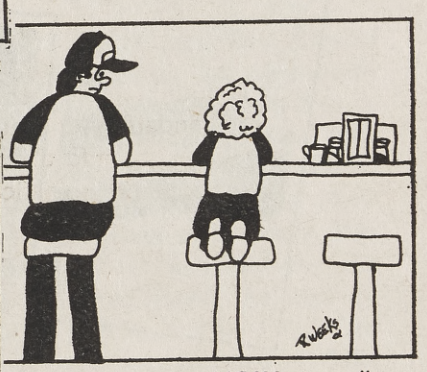
Out In The Valley *by Rodger Weeks*



"Decisions, decisions."



"When we say no open burning, we mean NO OPEN BURNING!"

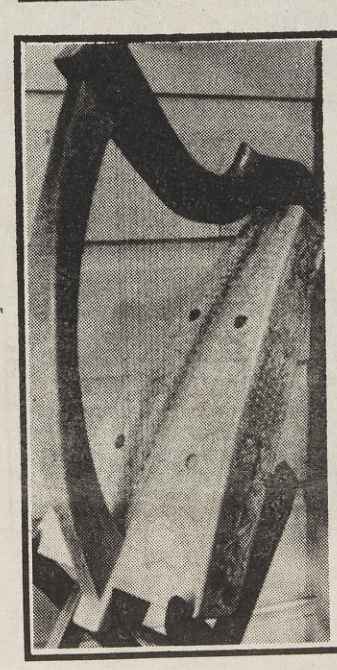


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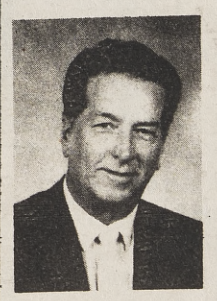


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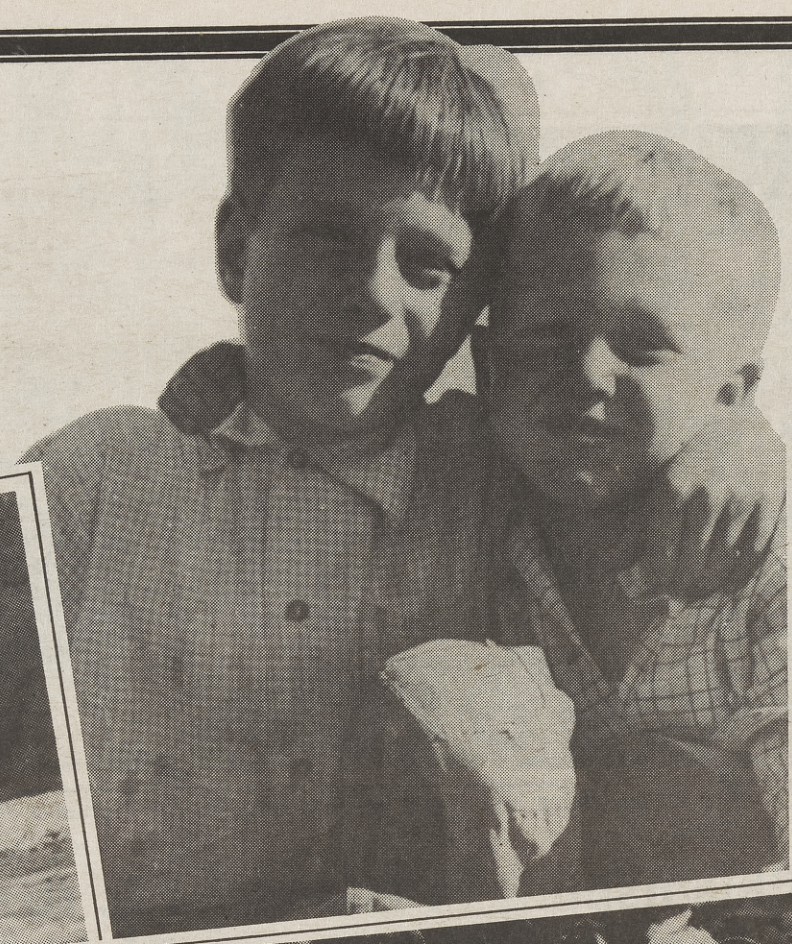

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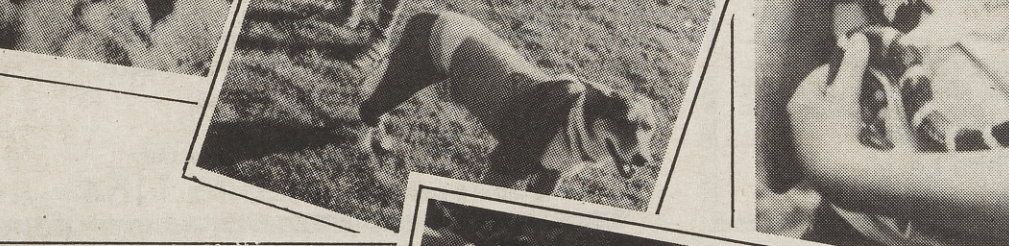
























There were several pictures published over the year that we felt were worth repeating. From top to bottom (l to r): Something for fishermen to drool over (especially since the season has started again) from Lyle Linares and Mark Belangee; The Marquard brothers, Skip and Mike; All decked out for the Cachagua Turkey Shoot; They deserved a prize (SPCA Animal Fair); Our most requested issue featured Vic Silva and Irene Piazzoni; Next row: These kids made a great cover; This was just our all time favorite picture; Vera was great to dress up for Halloween; Our caption for this read "A Boy And His Dog" (from the Fire Department's donkey baseball game); This one speaks for itself; Who else but N.E. Walker would turn up in Jordan, fighting litter all the way; Cari Effron made a great ghoulie at the Community Center Halloween Party; Another Halloween party goer and his companion; We didn't know if you all realized the expression wasn't because the snake was icky, it was because it was going down her blouse (SPCA summer camp); Next row: These next two pictures were cover pictures that we also just loved; Last but not least, it's N.E. Walker again, putting litter in its place.

BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

For the first time in its history, the Chamber of Commerce serving Greater Carmel/Carmel Valley has a woman president. She is LOIS LAMAR, Assistant Vice President and Manager of Western Title Insurance on Carmel Rancho Lane. MS. LAMAR was one of five officers elected unanimously by the Board of Directors recently. Other officers are STEVE AUSTIN, D.D.S., first vice president; JO LOMANTO, Bank of America, second vice president; KIM HARTFORD, O.D., secretary, and JUDY CASWELL, JCS Word Processing, treasurer.

MS. LAMAR has been with Western Title Insurance for 28 years. She is a native California, and was born and raised in Monterey County. She attended local schools here, including Hartnell College in Salinas. She is vice president of the Quota Club of Carmel, and is active in community affairs.

MS. LAMAR wants to "increase membership" in the Chamber, and wants to "do a community service project, something for Carmel Valley."

DR. STEVE AUSTIN is well-known to most Villagers as the genial young dentist at the Carmel Valley Family Dental Care Center on Ford Road. DR. AUSTIN was also first vice president on the retiring Board of Directors. He is a Kiwanian, and writes a column on that organization for the CARMEL VALLEY SUN.

MS. JO LOMANTO is the manager of the Carmel Valley Branch of Bank of America, and has held this position for the past 5½ years. Last year, she celebrated her 25th Anniversary with Bank of America. MS. LOMANTO has been Treasurer of the Chamber for the past five years, and says of her new position as second vice president, "I want to see the Chamber grow and build its membership so that it can better serve the community."

DR. KIM HARTFORD and her husband, Irving, have their optometric practice on Berwick Drive in Mid-Valley. DR. HARTFORD was appointed to fill an unexpired term on the retiring Board, and was re-elected by the membership this past November. She is a member of the Professional Women's Network of the Monterey Peninsula, and is active in community affairs.

JUDY CASWELL is the owner/operator of JCS Word Processing on Story Road. She has been a member of the Chamber for about three years, and has been active in several Chamber Committees. MS. CASWELL also is a member of the Professional Women's Network of the Monterey Peninsula, and has been active in both Network and Chamber events.

Very sincere congratulations to all of the new officers of the Chamber. These are splendid people, elected from an aware membership, and highly qualified to lead the Chamber in the coming year. Congratulations, all!

A special thanks to outgoing president CHUCK MC KAY who worked so hard to advance the Chamber's cause. CHUCKS' willingness to initiate events and bring the Chamber into the mainstream of community thought and activity has brought him personal and professional acclaim by Chamber members and Directors. CHUCK will continue to serve on the Board of Directors as past president.

Now, as the Chamber begins its new year concommitant with the calendar New Year, we look forward to better serving the community as we continue to grow and expand. The Chamber looks to a happy and prosperous New Year, and wishes YOU, the reader, everything that is wonderful in 1985.

See you next year.

Community Boards Program Needs Volunteers

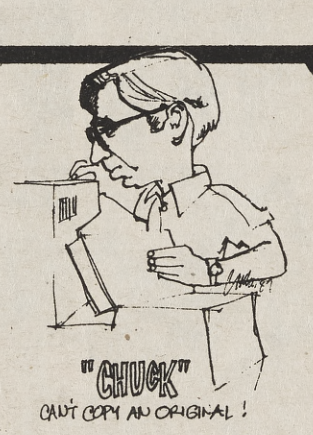
Residents of the Monterey Peninsula are needed to participate in the Comminity Boards Program of the Monterey Peninsula. Community Boards is a neighborhood based conflict resolution program training community residents to act as mediators in neighborhood and individual conflicts. Training will focus on communication skills, mediation, conflict resolution, teamwork skills and leadership.

Community Boards currently serves Seaside, Ft. Ord and Marina. In addition, Community Boards offers landlord-tenant mediation in the City of Monterey.

All that is required is an interest in the community and a commitment to volunteer for at least one year.

Those wanting more information are urged to contact Gerogann Taylor at 394-1992.

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ANIMAL TRACKS

Courtesy of Monterey County SPCA
by Cathi Stalder,
Education Director

Imagine for a minute what the world would be like if all of the SPCAs and other humane societies closed their doors. Imagine what it would be like a year later.

Driving the city streets has become unsafe. Imagine the frustration of driving to work everyday through an obstacle course, while frantically trying to dodge stray cats and dogs. Worse yet, imagine that each day the obstacle course gets more difficult to traverse because of the hundreds of animals being born everyday. It isn't going to get better either. Each year there are over 12,000 stray cats and dogs in the community. Without a humane society to take care of them, there is nowhere for these animals to go. It doesn't take a mathematician to figure those numbers are going to increase rapidly. After all, only one dog and her female descendents can produce 4,731 puppies in seven years. Imagine how many 6,000 unspayed female dogs will produce. And cats are 25 more times more prolific than dogs.

During the past year, the healthier animals have formed packs and together they are wreaking havoc in the community. These feral dogs survive by killing local livestock and wildlife. The farmers and ranchers are desperately trying to control the situation by shooting, poisoning and trapping these animals. Secondary poisoning has created devastation in the wildlife population. Predators, such as raptors, coyotes, foxes, bobcats and mountain lions, all have suffered from the effects of secondary poisoning.

Many ranchers have resorted to placing traps, in hope of capturing the dogs. Although they do happen to trap some dogs on occasion, many more non-target animals have been caught. In fact, for every feral dog trapped, two non-target animals have been trapped. Most of the non-target animals have been local wildlife.

The human population is suffering as well. On many occasions adults and children have accidently stepped in the steel jaw trap. They were considered lucky to have only bruised their skin. Broken bones and torn ligaments were the most common. Unfortunately, the majority suffered a worse fate. Many lost a foot or a leg due to infection and gangrene. Those were usually the children who were playing by themselves, unable to free their foot from the strong grip of the trap and call for help. By the time an adult came looking for them, it was too late.

This year without humane socieites, these feral dogs are not only susceptible to torture and death at mankind's hands, but have begun spreading rabies. The thousand of stray cats and dogs are vulnerable to attacks by rabid wildlife. Because these feral and stray animals have not been innoculated, this horrid, incurable disease has begun to spread into the masses of animals. As a precaution, humans must be immunized in order to prevent the disease.

Pets are also feeling the consequences now. They are no longer allowed to go outside or take walks with their owner, for fear of being attacked by a feral dog, or of coming into contact with a disease-ridden animal. Healthy pets that are allowed to go outside are often snatched by merciless individuals in order to make a buck. These "black market" pets are then sold to laboratories for the sole purpose of vivisection, commonly called animal experimentaion.

Trainers who handle pit bulls for dog fighting are in seventh-heaven because of the immense pet overpopulation problem. It has become extremely easy to obtain all the puppies and kittens needed to bait their dogs in training. As a matter of fact, citizens of the community welcome the trainers who are helping to dispose of the massive numbers of unwanted animals. They have forgotten the humaneness that once enriched their lives.

Abuse cases have become a widespread problem in the past year, without regulatory agencies or investigative agencies to prosecute offenders. As each day goes by, the spectacle of dog beating and cat torture become more common.

The local wildlife is suffering the consequences of the SPCA's closed doors as much as the domesitc population. In the past year, over 3,000 wild animals and birds needed rescuing and rehabilitating in the Monterey County alone. Hundreds of these were orphaned mammals and birds that needed special care. Concerned citizens tried to raise these young animals, but to no avail. They didn't realize the committment of time, and the special nutritional needs each species has. Most of them died, without ever experiencing the joys of living free.

Imagine the tears in your eyes as you witness the cruelties that abound. Imagine what it would be like if the SPCAs and other humane societies closed their doors. Imagine what it would be like a year later. Luckily, it was all a bad dream.

Monterey County SPCA Will Benefit From Whale Watching Excursions

The Monterey County SPCA will be sponsoring whale watching nature excursions with Randy's Fishing Trips through February 17.

The MCSPCA has demonstrated an interest in marine animals in the bay throughout the years providing their 24 hour animal rescue service. A specialized SPCA search and rescue team has recovered stranded and injured animals on beaches, narrow ledges and from the ocean.

The SPCA encourages nature lovers to take the three hour weekend trip offered by Randy's Fishing Trips. On each excursion, expert naturalists will lead the viewer on a unique tour of the *bountiful sea life of the Monterey Bay—from the rich kelp forest to the* delicate jellyfish, from the playful seals, sea lions and sea otters to the sea birds. And, of course, the highlight of this natural spectacle is the magnificent grey whale.

Recognizing the MCSPCA's contribution to marine life, Randy's Fishing Trip's owner, Peter Bruno, has made a financial committment to this organization. For every adult participant on the regular 3 hour cruise, $1.00 will be donated to the MCSPCA. For every child participant and any discount group rate passengers, $.50 will be donated.

For more information, contact the MCSPCA at 373-2631 or 422-4721.

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TO YOUR GOOD HEALTH

ON THE RUN

Tips On Staying Fit While Keeping Fit

by Richard K McGarry, D.P.M.

Runner's Knee

Almost all of us runners have experienced some kind of knee problem. There are a myraid of different injuries that can affect the knee joints of runners. These injuries are caused by an overuse syndrome and not by a direct blow or trauma that is commonly found in contact sports. The most common of these overuse injuries is CHONDROMALACIA. Strictly speaking, chondromalacia requires there to be softening and deterioration of the cartiliage of the kneecap. In the course of the article, however, I will use the term chondromalacia to refer to ALL pain below the kneecap. Chondromalacia occurs in the beginning jogger as well as the elite marathoner. In my experience, which includes private practice an a sports medicine clinc, I have found that 25-30 percent of all runners complain of knee pain. Probably as many a 75 percent of all runners will have knee pain at some point during their running careers.

A little anatomy will enable you to understand the mechanics of this overuse injury. The kneecap lies in a groove covered by thick cartilage. The kneecap slides in this groove over the knee joint. The kneecap acts as a pulley and allows the muscles of the upper leg to have a forceful pull on the lower leg. When the thigh muscles contract, the lower legs will extend.

A problem arises when the kneecap is forced to slide unevenly in the groove of the knee joint. Such uneven motion causes abnormal wear and tear on the cartiliage, which in turn causes pain and swelling and grinding sensation below the kneecap. Mechanical or structural imbalances of the hip, leg, and foot cause this abnormal motion of the kneecap. Some examples of structural abnormalities are: 1) excessive foot pronation (turning or rolling in of the foot); 2) muscle imblanaces, such as weak thigh muscles or tight calf muscles; 3) leg length discrepancy.

Various conditions surrounding the onset of chondromalacia are: 1) sudden increase in mileage; 2) an increase in pace; 3) change of terrain, especially hills; 4) intervals; 5) faulty or worn shoes; 6) always associated with one or more of these conditions is an underlying mechanical or structural imbalance of the lower extremities.

The symptons of chondromalacia can be divided into three stages.

STAGE 1: After a workout, the athlete will experience a fullness and/or tenderness under the kneecap. The pain will be present for a few hours, but will disappear prior to the next run.

STAGE 2: The second stage of chondromalacia occurs when the runner continues to perform at the level that brought on the original symptoms. It also occurs when a runner increases his workout, as when preparing for a marathon. Pain is now experienced during and after the workout. The runner experiences pain when climbing stairs or pushing down the clutch while driving. As the pain increases daily, the runner becomes worried and usually seeks professional advice.

STAGE 3: Stage 3 occurs when the athlete continues to train even though the pain is present before, during, and after training. The athlete doesn't listen to his body and finds himself unable to run without disabling pain. Pain is present even during ordinary activity, such as walking, and also when the runner is at rest.

TREATMENT

Like all other overuse syndromes, chondromalacia responds well and rapidly to treatment during its early stages. Therefore, you should listen to your body and if chondromalacia symptoms are present, you should reduce training levels and begin appropriate treatment. You should not run through the pain, otherwise you will be faced with the possibility of having to stop running altogether.

First try to determine why your problem has occurred. Was it caused by a sudden change in training? improper shoes? change of terrain? From here you can develop a treatment plan. If there has been a sudden increase in training, then cut to your prepain training level, avoid hills and hard surfaces. Next evaluate your running shoes, for adequate shock absorption; also, check for a stable heel counter, which will reduce excessive pronation.

The next step in your treatment should be to STRENGTHEN your thigh muscles. These muscles are traditionally weak in runners and need to be strengthened in order to stabilize the kneecap in its groove. I recommend that you start doing leg lifts with five pounds per leg, repeated fifteen to twenty times. Slowly increase the weight and repetitions.

STRETCHING the muscles of the back of the legs i.e., the hamstrings and calf muscles, will help to decrease the pronation of the foot.

Anti-inflammatory medicine such as aspirin, or icing are very important in reducing the swelling and pain. I recommemd two or three aspirin one hour prior to running to reduce swelling or inflamation. Ice should be applied for six to eight minutes prior to training and then fifteen minutes afterwards. Icing for six to eight minutes will cause an increase in blood flow and actually warm up the area while fifteen minutes of icing will decrease blood flow and reduce after running swelling.

Foot orthotics may be needed to reduce the excessive pronation and will help align the kneecap in its groove. I recommend that you first try over-the-counter orthotics (modified arch supports) combined with the previously mentioned treatment. If you have no success with these methods, I suggest that you consult with a sports podiatrist for an in-depth evaluation and prescription foot orthotics.

IT'S UP TO YOU

Don't Miss The Next Deadline

December 29, 1984

(Items submitted will appear in the January 9, 1985 issue.)

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FACE TO FACE

by Dan Derr
Designer/Photographer

Resolution

res'o•lu'tion *n.* 1: the act or process of reducing to simpler form...6: something that is resolved...7: a formal expression of opinion, will, or intent voted by an official body or assembled group...SYN see courage

In this excerpt from Webster's, it's the synonym that gets me: courage. So much for New Year's cowardly lions.

In photographic applications, resolution is one factor in the overall quality of an image, and the ability of a lens (viewpoint) to achieve that image quality. In all imaging there is first the viewpoint, then the retention of the concept, development, and finally presentation (usage). Pretty much the same in all of life, too.

So many times, in front of my camera, people struggle for courage, yes courage, to face themselves as they are, in the resolving power of a lens. Eyelid muscles twitch, fists clench, eyes bulge, heart rate increases, (honest, my directions for posing are NOT that tough!) and trips to the bathroom are prominent. After all, we ARE playing with the ego, and probably worrying it tremendously. Yes, it does take courage to see oneself, face to face.

Every January 1st millions set forth a volume of dictums which they perceive as flaws, to be repaired, restrained, resolved. But how many are actually en-couraged. And how many involve the ego, in its glory, at its strongest. Weight, habits, attitudes, fears, excesses, restraints—all "ego—trips", to which it's referred.

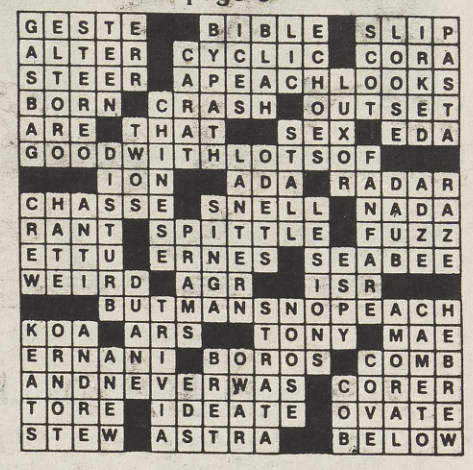
During a specialized portrait sitting, I title SUPERSESSION, we (the subject, myself, and the camera) work toward a restructuring of a visual self-image, relying on the inner person to come forth visually. It's a three hour session. That's all it takes. But less time is used to prepare a list of New Year's Resolutions. And not a minute on talking to the main controller of the self-image, the bathroom scale, that pack of cigarettes, or a limiting shyness.

Now I'm not a psychologist, but a photographer. And, yes, I smoke a pack of strong ones every day. And for 25 years I've had the same headliner on my list. Most of the other items have been resolved in one way or another. But that one part of my ego refuses to face itself. Most of us have a hanger-on of some sort, firmly fixed in our deep recesses. All the excuses down pat, security stashes mapped, and trap door exits ready for emergencies. Well equipped "resolutions".

The year 1985, according to numerology, is a five—"a number of variety, adaptability, and mental change". Could this be the year to get it, give it up, or at least go for it? EST states that to get it, you've got to get so that there's nothing to get. Right. Tear up my list. Zenith beats Sony, again this year, with better video resolution.

However, my next column will discuss amateur and professional modeling, so don't get off the scale and diet just yet. Resolute egos CAN be stroked into trade-offs in the fat-to-fame game. But for now, have a Happy New Year, facing the future...of you. Or is it...of view?

Answers To Crosswords PLUS see page 6



CALLING ALL BEARDS

Burma Shave had roadside advertisements from 1925 to 1963, on small boards spaced sequentially so they could be read by passing motorists. Here's another: Henry the Eighth/Prince of Friskers/lost five wives/but kept his whiskers/Burma shave.

EL TORO (2 Down), appeared in "The Adventures of Kit Carson", a first—run TV show from 1951 to 1955. He was played by Don Diamond, who later went on to appear as a regular in "Zorro" and "F Troop".

For those of you wondering how cos (77 Down) is a kind of cob, Cos COB is a town in Connecticut. For some reason, crossword constructors are concentrated on the East Coast, thus crosswords reflect something of an eastern "bias". So let's hear from you Westerners!

HELP YOUR HEART

American Heart Association

Although we all should help our hearts by avoiding high blood pressure and cigarette smoking and by eating low-fat diets, your heart can protect itself in some of the most trying circumstances. One of the heart's natural defense mechanisms is an amazing ability to preserve itself when we are underwater for extended periods of time, unable to breathe. Humans have reportedly survived submersion for up to 40 munutes with no detectable damage to heart and brain tissues, which are both highly susceptible to damage from a lack of oxygen.

Beavers and their diving cousins have a highly developed "diving reflex" similar to that of humans. Thomas A. McKean, Ph.D., an American Heart Association-funded researcher, is studying the beaver and two other aquatic rodents: the muskrat and the nutria. By investigating the diving reflex of these and other animals, scientists may learn new ways to protect the human heart during open heart surgery, heart attacks and other situations where the oxygen suppplied to heart tissue is insufficient.

Four years ago, Dr. McKean, associate professor of biological sciences at the University of Idaho, reported a surprising discovery. All the diving mammals and birds studied up until that time has proven to be capable of storing large amounts of oxygen in the lungs and blood. But Dr. McKean demonstrated that the oxygen storage capacity of the beaver is exceptionally small: only about one-third the storage capacity of a good saltwater diver, the harbor seal. "The beaver is like a scuba diver who goes down with an air tank that's too small," he says.

How does the beaver's heart continue to function with such a small supply of oxygen? Dr. McKean has shown that the beaver and nutria decrease their oxygen consumption about 90 percent while they are under water by constricting their peripheral blood vessels, thus reducing blood flow to, and oxygen consumption by, nonessential organs. Because it is pumping only small amounts of blood to most of the body's tissues, the heart's workload decreases and so does its oxygen consumption. During a dive, the beaver's heart rate decreases from about 126 beats per minute to about 26.

Dr. McKean explains that the diving reflex in all species seems to be initiated by nerve endings in the animal's snout, and the response can often be stimulated by dipping only the snout in water. The same is true of the human nose. Some doctors now treat one type of abnormally fast heart rhythm by immersing the patient's face in cold water to induce the diving reflex. The patient's heart often returns to a normal, slower rhythm when the reflex is triggered.

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BOOKS

PEOPLE ARE READING

News from the Carmel Valley Library

NOW AVAILABLE

1. *Corpse in a Guilded Cage* — Robert Barnard
   This mystery novel is also a humorous spoof of the British upper classes.
2. *The State of Stoney Lonesome* — Jessamyn West
   A nostalgic story set in the town of Valencia, California, in the 1920s.
3. *Women Coming of Age* — Jane Fonda
   Health tips and exercises for middle aged women.
4. *The Sicilian* — Mario Puzo
   Fictionalized biography of a Sicilian bandit of the 1940s.
5. *Swallow* — D.M. Thomas
   New novel by the author of *Ararat* and *The White Hotel.*
6. *Jitterbug Perfume* — Tom Robbins
   As his other books (*Even Cowgirls get the Blues, Another Roadside Attraction,* etc.) Robbins' new novel is full of unusual characters and wild ideas.
7. *Carson's Conspiracy* — Michael Innes
   A Sir John Appleby mystery novel.
8. *Babycakes* — Armistead Maupin
   Fourth installment of the *Tales of the City* serial.
9. *Illusions of Love* — Cynthia Freeman
   The story of a romantic triangle that spans over 25 years.
10. *The Dungeon Master* — William Dear
    The disappearance and search for James Dallas Egbert III.

COMING SOON

1. *Difficult Loves* — Ialo Calvino
2. *Lovers* — Norma Klein
3. *The Wheel Turns* — Elizabeth Lemarchand
4. *A Song of Truth and Semblance* — Cees Nooteboom
5. *Ladykiller* — Lillian O'Donnell
6. *Salad Days* — Francoise Sagan
7. *Maigret's Revolver* — Georges Simenon
8. *So Long and Thanks for All the Fish* — Douglas Adams
9. *Poor Little Girl: The Life and Legend of Barbara Hutton* — David C. Heymann
10. *Half Moon Street* — Paul Theroux

Film Night At The Library

The Carel Valley Library will screen Frank Capra's 1936 classic *Mr. Deeds goes to Town,* with Gary Cooper and Jean Arthur, on Friday, January 4, 1985, at 7:30 p.m. Admission will be $2 for adults and $1 for children. This activity is sponsored by the Friends of the Carmel Valley Library.

A Listing Of "Bestsellers"

Looking forward to a nice relaxing holiday? Curling up by the fireplace to read a good book? Here are some of the "best sellers" that you might curl up with:

Fiction: 1) *The Talisman,* by Stephen King and Peter Straub. 2) *Love and War,* by John Jakes. 3) *The Sicilian,* by Mario Puzo. 4) *The Fourth Protocol,* by Frederick Forsyth. 5) *Still Watch,* by Mary Higgins Clark. 6) *Strong Medicine,* by Arthur Hailey. 7) *"...and Ladies of the Club",* by Helen Hoover Santmyer. 8) *The Life and Hard Times of Heidi Abromowitz,* by Joan Rivers. 9) *Life Its Ownself,* by Dan Jenkins. 10) *God Knows,* by Joseph Heller.

Nonfiction: 1) *Iacocca: An Autobiography,* by Lee Iacocca with William Novak. 2) *Loving Each Other,* by Leo Buscaglia. 3) *Pieces of My Mind,* by Andrew A. Rooney. 4) *Moses the Kitten,* by James Herriot. 5) *"The Good War",* by Studs Terkel. 6) *Dr. Burns' Prescription for Happiness,* by George Burns. 7) *The Bridge Across Forever,* by Richard Bach. 8) *Heritage,* by Abba Eban. 9) *Hey, Wait A Minute, I Wrote A Book,* by John Madden with Dave Anderson. 10) *A Light in the Attic,* by Shel Silverstein.

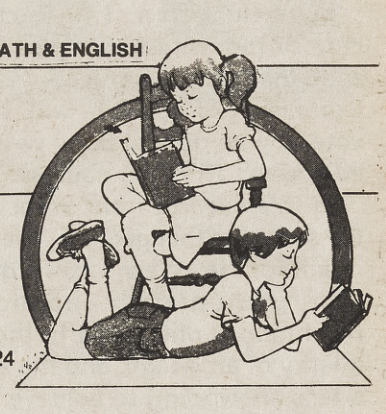
Monterey County Library To Offer Computer Training For Adults

The Monterey County Library has been awarded a grant, under the provisions of the Library Services and Construction Act, to train library patrons on the basics of microcomputer use. The Adult Microcomputer Literacy Project is aimed at helping library staff and the public at large become familiar with this useful information tool and become acquainted with some of the most popular software application packages, such as word processing, file management and spreadsheet analysis. Project funds will also allow the Monterey County Library to have IBM Personal Computers at some of its branches for the trained public to practice on their own and develop computing skills with the use of self-guided tutorials. The software packages PFS:FILE, PFS: WRITE and VISICALC will also be available for use in the library.

All training sessions will be conducted by library staff members and offered free of charge. The first group of classes has been scheduled for January of 1985 at the Seaside and Prunedale Branches. Training at some of the other branches will be offered at later dates. For more information on this new service, please call your nearest Monterey County Library branch.

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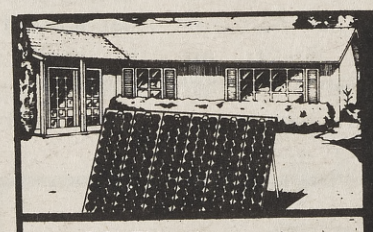


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CLUBS

KIWANIS NEWS

by Dr. Steve Austin

It Was Great This Year

Every year, in every way it gets better and better. Thats our Kiwanis Christmas Tree Sales we are referring to. At this writing the club, under the direction of Gary Tate, has sold more trees in less time than ever before, It appears, that as we had hoped, this will be one of our most successful projects to date. The Kiwanis would like to extend a heartfelt thank you to all who purchased trees from us this year.

A turkey raffle accompanies our tree sales each year. Although every member is involved in the sale some way, the five turkeys are donated by individual Kiwanians. This year Lou Gardner, Col. Dick Clarkson, Raz Bellici, Harry Busick and Bill Marshall provided the gobblers for the winners.

The club also donated fifteen trees to the Tularcitos School so that the children might decorate them and bring the Christmas spirit into their classrooms.

Several members from the club were involved in Santa's Fly In this year. The Kiwanis had been maintaining Santa's sleigh for as long as could be remembered. Santa informed us that it was time to retire the existing relic, and thanks to M.J. Murphy Lumber Company and Kiwanians Larry McCann and Bud McDonald he got his wish. Murphy's donated the materials and labor to construct the sleigh from sideboards to runners. Then Larry and Bud provided the paint and detail work. We think Santa will be riding this sleigh for years to come.

Through his two spokesman, Web and Alice Buckham, Santa informed us that he and his wife enjoyed their stop in our Village tremendously. They saw and took requests from children from 8 months to 20 years of age.

Further in the Christmas spirit Kiwanian Randy Randazzo answered the request of our Carmel High Key Club and provided two turkeys for their club raffle. The group sells tickets for the raffle and then use the proceeds for their own project fund.

Finally over sixty Kiwanians and their wives enjoyed a great meal, singing and an exchange of gifts at this years Christmas party. The club wishes to thank Col. Dick Clarkson and his wife Patty for organizing a wonderful evening.

The club welcomes new member Robert Palmer. A retired executive with Kemper Insurance. Robert enjoys writing, golf and model railroading. We hope to put Robert's journalistic skills to work as soon as possible.

Fellow Kiwanians Otto Huebner was voted Senior Membership by the Board of Directors and Joe "Guiseppe" Ricupero received his twenty eight year perfect attendance pin. Congratulations to both of them.

Notable speakers this month included geologist John Kingsley discussing falt lines at the proposed dam site; Norman Wood, resident manager EF Hutton, who spoke about the changing conditions in our traditional financial institutions; and John Edmundson, president Edmundson executive search and consultants, who enlightened us on the SBA sponsored S.C.O.R.E. which aids the small business mans attempts to obtain help and financing.

January promises to be an interesting month for guest speakers and they will appear as follows: January 8th Mr. Robert Fenton, CUSD trustee whose program title will be "To Change or Not To Change"; January 15th Mr. Richard Stott, Treasurer of the Trustees Recall Committee; January 22nd Mr. Dick Heuer, of the Water Management Board will speak on financing our new dam; and finally January 29th Mr. Jim Khonke, Tularcitos principal will bring us up to date on the latest advances at the school. If you are interested in attending one of our meetings or learning what membership in our club can mean to you, please contact Lou Gardner at 659-9980.

Women's Club Meeting Is Scheduled For January 9, 1985

The Carmel Valley Women's Club will hold their regular meeting on January 9, 1985 at the Carmel Valley Community Youth Center on Ford Road.

The meeting will feature Susie Hansen and Joy Marshak of the Carmel Valley Hair Center. Ms. Hansen is a color consultant and Ms. Marshak is a manicurist. Their presentation will be "Color" and "Silk Nails."

There will be a social hour at 11:30 and lunch will be served at Noon. The lunch fee is $5. Reservations are required.

For more information call Erma Behrent at 659-5142.

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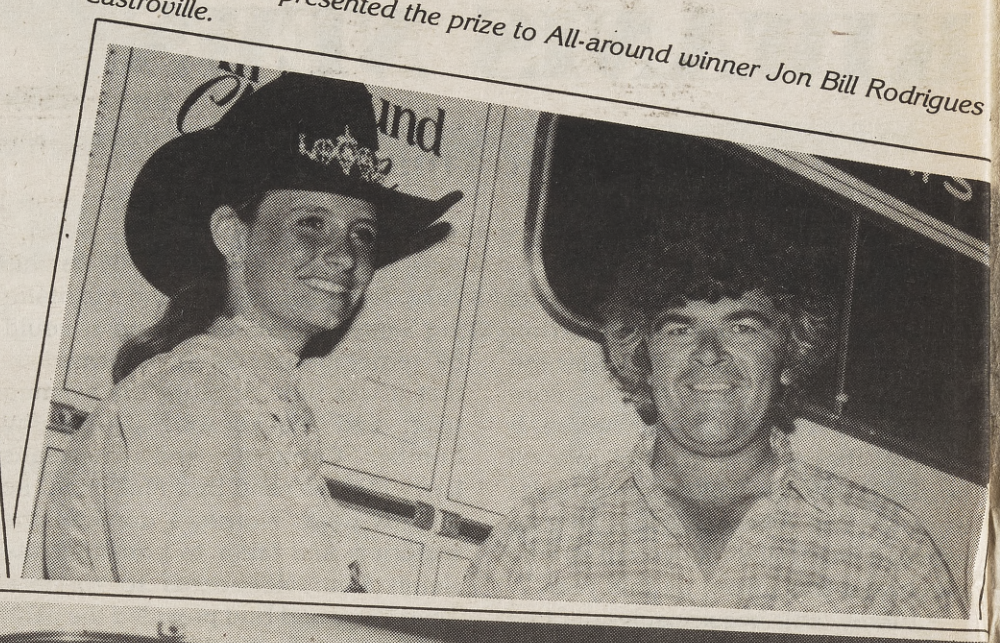
We didn't get to cover Carmel Valley Rancher's Days at the time so we thought you might like to see it now in pictures.

Pictured in the center are those who helped sponsor the Grand Prize trailer as well as the event organizers.

Participating in team roping were Kent Heneks, Alan Drew, Steve Dorance and Bryan Heneks.



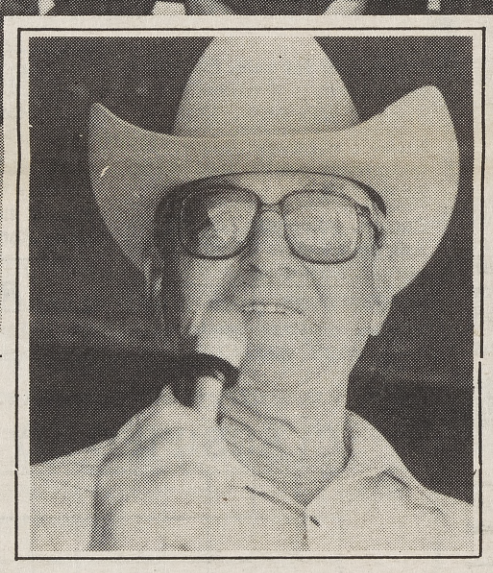
Joleen Lambert presented the prize to All-around winner Jon Bill Rodrigues Castroville.







Photos by Debi Effron.



Grady Lafferty was the commentator.



Spectators, Kent, Peggy and Sadie Heneks. Kent is also a director for the Carmel Valley Rodeo Association.

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THE HUMAN FACTOR

by Barry Tillman

Much of what we do depends on our vision. It is therefore important that we consider the visual capabilities and limitations of people when we design or choose something for people to use. The following article has information which can be helpful to you in making things comfortable for people to see. The information is based on Human Factors Engineering tests and studies. Human Factors Engineering is a science which matches people and their environment.

Have you ever hand lettered a sign and wondered how big to make the letters? A lot of signs that we try to read just aren't big enough. The size of lettering that a person with normal vision can read depends on the distance from the sign, whether or not they are moving relative to the sign, and the lighting and contrast of the lettering.

The following are general rules for deciding the minimum height of the letters of your sign: If the lighting is going to be good and the sign and the observer will not be moving, then the minimum height of the letters (in inches) can be found by multiplying the expected distance from the reader to the sign (in feet) by 0.09.

Say you want to put a sign in a store window. There will be a spotlight on the sign so that the lighting will be good. You expect that the people will be stopped or at least walking slowly when they read the sign. The distance from the people to the sign will be about 10 feet. To calculate the minimum height of the letters multipy 10 times 0.09 to get 0.9 inches. The letters on the sign should be at least slightly under 1 inch tall.

Let's say you're making a sign for your roadside lemonade stand. Here people will be passing in cars and, because you're ambitious, you may work until the dim light of dusk. Now the minimum height of the LEMONADE FOR SALE letters (in inches) can be found by multiplying the distance from a car passing on the far side of the street to your sign which is 25 feet. Then the minimum letter height of your sign should be 25 times 0.13 or 3.25 inches tall.

The colors of your sign letters should contrast with the background. Blue letters will not be clearly seen against a green background, for instance. If the sign will always be read under bright lights, then the letters should be dark and the background should be light. If the sign might have to be read under dim lights, then the letters should be a lighter color and the background darker. This allows the letters to "pop out" by reflecting back the low light levels. Most road signs have light letters against a dark background.

Signs with all capitol letters are the most easily read. It has been found that the following letter proportions are most easily seen. The width of the letter should be approximately three fifths of the height. In other words, a 2 inch high "E" should be about 1 1/4 inches wide ($2x^{3}/_{5} = 1.20$). The stroke width, or the width of the lines to make the letters, should be about one sixth the letter height; this is 1/3 inch for our "E." If the letters are to be seen under dim light then they should be lighter than the background and the stroke width should be slightly narrower: about one eight the height. This is because the white tends to blur into the darker background, making the letters appear larger. Finally, there should be a minimum of one stroke width between letters, and the distance equal to the letter height between words.

THOUGHTS

by Illia Thompson

CHOCOLATE

"Fred's Chips", that's what I'll call them.' My cousin, excited about her new idea, related happily that she would develop the best chocolate chips ever and name them after her father, who would have delighted in her project, were he still with us.

What began whimsically is now a full fledged enterprise. With much research and the aid of a competent chemist, "Fred's Chips" are now available at local markets throughout the country. The factory in Oakland is producing, packaging and shipping daily. The product won an award as one of the best new products on the market at a recent food fair.

As I walked through the factory, thoughts of CHARLIE AND THE CHOCOLATE FACTORY abounded. I tasted these lovely morsels as they emerged from the conveyor belt where they had carefully dried after having been created from a huge mass of specially combined ingredients, the greatest being chocolate liquor. My mid-morning snack of these abundant sweets verged on the edge of impropriety. I loved it!

What is it about chocolate that brings forth this intense pleasure? A smile, a rememberance of times past? I recall when hard earned allowance bought a slowly savored Hershey bar. Chocolate was a luxury, a reward, a gift; it was out of the ordinary.

Who can forget the first box of chocolate Valentine candy, either given or received? From the exacting process of selecting the right box, size, cost, wrapping, giving or receiving it shyly and finally, the moment when the last candy is eaten and the box saved forever. The lingering aroma of chocolate is a reminder of caring.

"Fred's Chips" bring back those old-fashioned memories. Large chips in almost round cookies. At our house, my friend and I would ride around the block twice on our new two-wheelers, allowing the almost twelve minutes needed for the cookies to bake properly; the excitement of the possibility of their burning encouraged us to ride faster during the second round. We waited patiently as the cookies cooled on the wire rack, ready then for deliberate consumption.

So, when you want to savor both a memory and a chocolate treat, do try "Fred's Chips."

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VALLEY VOICES

Photos by Debi Effron.

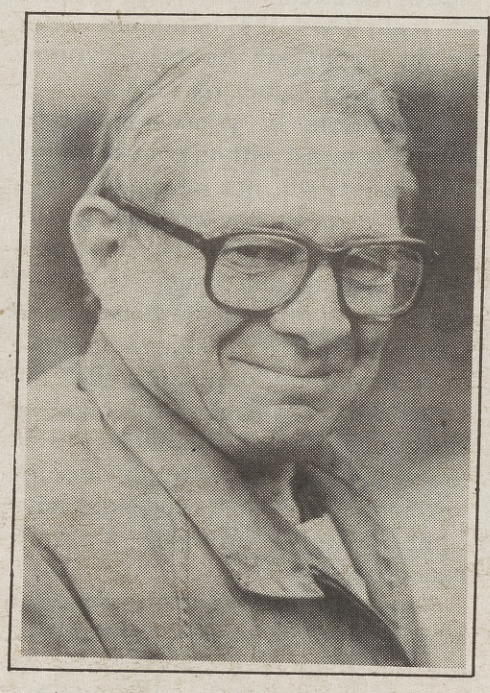
What is your New Year's Resolution?



Stew Clough, Stew's Plumbing:
"To devote more time and financial resources toward preserving the history of Carmel Valley before it gets lost—while our old time resources are still alive—through photographs; through verbal heritage; and through preservation of existing historical buildings."



Joan Zielinski, Countryside Properties:
"To eat right, stay fit and keep a positive attitude."



Flip Hatton, Auto Mechanic:
"Oh, I don't have one. And if I did you wouldn't be able to print it!"



Jonas Tole, Village Beauty Shop:
"I'm going to help inflation this year by not raising my prices."





EXPRESSIONS

Some of our creative writing this issue comes courtesy of the "Tularcitos Reporter" and the writers are from Mrs. Douglas' second grade class.

The Day That Santa Found Deer by Russell Lockwood

Once Santa went on a vacation. First he went into the woods to find deer. When Santa found eight deer he went home. After Santa got home he tried to think of some names. "Dancer" said Mrs. Santa. "Maybe," said Santa. "How about Rudolph?" said Mrs. Santa. "I like that name," said Santa. Then Santa said, "I made up a name for all the deer". "What?" asked Mrs. Santa. "Reindeer," said Santa. Then Santa made all the reindeer have flying lessons for Christmas. Then it was time for the last reindeer to try to fly. The last tried to fly and then he was flying. Then Santa said, "I know who is going to be Rudolph now." Rudolph's nose began to turn red. Santa said, "I made a new song." "What?" said Mrs. Santa. "Rudolph, the red-nosed reindeer," said Santa. On Christmas Rudolph led the sleigh. When they got home, they went to sleep.

The Way Christmas Began by Brenda Clapper

One Christmas Eve, a baby was born. The baby's name was Jesus. Mary said "Look at our new baby Joseph!" The animals knelt in a big circle around Jesus. Mary and Joseph were proud to see their first baby. In a few years, Jesus grew up to be a man. When Jesus was 33 people thought that he wasn't Jesus so they nailed Jesus to a cross. Three days later, Jesus became alive again and it happened again and again. Jesus was born in 000. Jesus and God chopped down a tree for a new holiday called Christmas. They made some ornaments and put them on the tree. The ornaments were horses, bunnies, bubbles, lights, and chains. The whole family sat around the Christmas tree and looked at it. They thought it was the best day of their lives. They loved the animals the best. Jesus loves children and animals the best of all. Joseph and Mary were proud of their son. One day Santa came into the world and went to Mary's and Joseph's house ans said "Ho, ho, ho! Merry Christmas Mary and Joseph!" Joseph said "Hi Santa. You have nice reindeer." "Thank you, but where is Jesus?" asked Santa. "Outside making some ornaments." "I live at the North Pole. I have to go now and deliver some presents. Bye."

Untitled

by Dorothe Smiljanic

I'm very well aged
But not good to drink
I'm also well seasoned
But you'd spit me out in a wink
You can't exchange me
Cause I'm one of a kind
You can't get a refund
But hope you don't mind
Just love me and hug me
and here's what I do
Hug you in return and say
"Mom I love you"

Life

by Ralph R. Payton

God gave man his life,
man has made his strife.
The earth as a whole,
man has walked the knoll.
He has fought peak to peak,
sea to sea, to speak.
He has driven life from the earth,
this, because of his birth.